

GROUP EXERCISE SCHEDULE

UPDATED 8/2/11



5708 E. 2ND STREET, LONG BEACH, CA 90803 • (562) 856-EXEC

| SPINNING STUDIO | | | | | | |
|---|-------------------------------------|---|--|--|-------------------------------------|--------|
| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
| | | | | 8:30 AM SPIN/CIRCUIT *\$15 LISA | 8:00 AM SPINNING CASEY | |
| 9:30 AM SPINNING LISA | | 9:30 AM SPINNING CASEY | 9:00 AM SPIN/BOOTCAMP LISA | *STAY FOR FULL FRIDAY CIRCUIT, PAY ONLY \$10 MORE! | | |
| 6:00 PM SPINNING JACKIE | | | 6:00 PM SPINNING TBD | <u>MUST CALL TO RESERVE YOUR SPOT IN CLASS.</u> | | |
| GROUP FITNESS | | | | | | |
| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
| | 9:15 AM CIRCUIT TRAINING \$20 | | | 9:15 AM CIRCUIT TRAINING \$20 | 9:15 AM CIRCUIT TRAINING \$20 | |
| YOGA/PILATES STUDIO | | | | | | |
| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
| | | 6:30 AM PILATES EQUIPMENT JANELLE | | | | |
| | | 8:30 AM YOGA ANNA | 10:15 AM PILATES EQUIPMENT JANELLE | 8:30 AM BARRE, ETC. SHANI | | |
| | | 9:30 AM YOGA ANNA | | 10:30 AM YOGA ANNA | | |
| 5:00 PM PILATES & CIRCUIT JANELLE | | 5:00 PM BARRE, ETC. JANELLE | | <u>MUST CALL TO RESERVE YOUR SPOT IN CLASS.</u> | | |

BY APPOINTMENT ONLY - Please call to reserve your space. 12 hour cancellation policy applies to all classes.

Yoga Rates:

1 class \$25 each
10 classes \$20 each
20 classes \$15 each

Barre, Etc. Rates:

1 class \$25 each
10 classes \$22.50 each
20 classes \$20 each

Mat Pilates & Spin Rates:

1 class \$15 each
10 classes \$12.50 each
20 classes \$10 each

Pilates Reformer Rates:

1 class \$35 each
10 classes \$22.50 each
20 classes \$20 each

Package conditions and restrictions apply. *Mix and match packages are available.

Classes & prices are subject to change.

Classes expire 6 months from date of purchase.

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